WESLO®

CADENCE

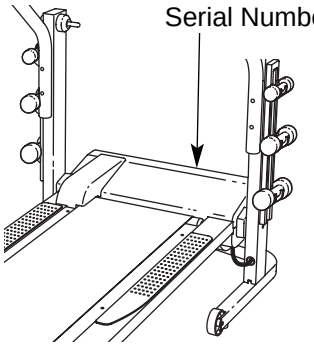
0-8 MPH • 1.25 HP

DS10

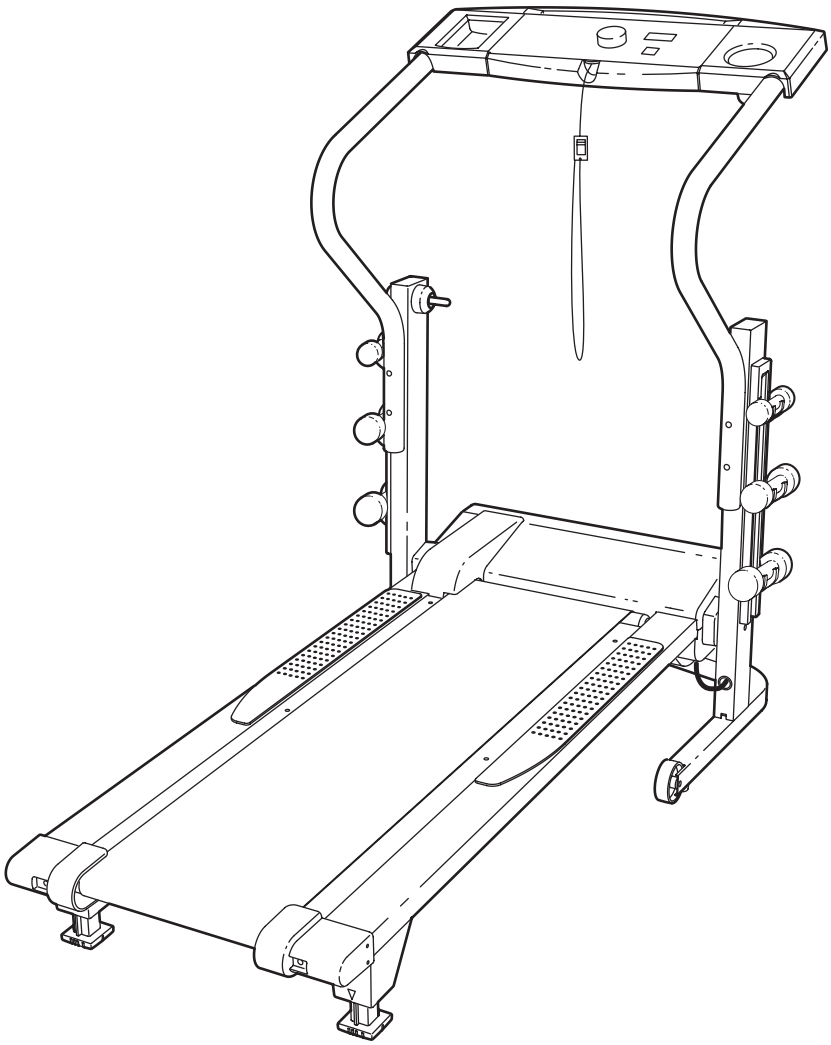
0-8 MPH • 1.25 HP

**Model No. WLTL21430**

**Serial No. _____**




# USER'S MANUAL



## QUESTIONS?

**If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.**

**TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our Customer Hot Line will provide immediate assistance, free of charge to you.**

**CUSTOMER HOT LINE:**

**1-800-999-3756**

**Mon.–Fri., 6 a.m.–6 p.m. MST**

## ⚠ CAUTION

**Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.**

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WESLO®

CADENCE

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Note: An EXPLODED DRAWING and a PART LIST are attached in the centre of this manual.

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# IMPORTANT PRECAUTIONS

**⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.**

1. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**

2. **Use the treadmill only as described in this manual.**

3. **Place the treadmill on a level surface, with at least eight feet of clearance behind it and two feet on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**

4. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**

5. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**

6. **Inspect and properly tighten all parts of the treadmill regularly.**

7. **Keep children under the age of 12 and pets away from the treadmill at all times.**

8. **The treadmill should not be used by persons weighing more than 250 pounds.**

9. **Never allow more than one person on the treadmill at a time.**

10. **Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.***

11. **When connecting the power cord (see page 10), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.**

12. **Use only a single-outlet surge suppressor that meets all of the specifications described on page 10. To purchase a surge suppressor, see your local WESLO dealer or call 1-800-806-3651 and order part number 146148.**

13. **Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed or stop unexpectedly, which may result in a fall and serious injury.**

14. **Keep the power cord and the surge suppressor away from heated surfaces.**

15. **Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See page 5 if the treadmill is not working properly.)**

16. **Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.**

17. **The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.**

18. **Never leave the treadmill unattended while it is running. Always remove the key and unplug the power cord when the treadmill is not in use.**

19. **Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO MOVE THE TREADMILL on page 13.) You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.**

20. **Do not change the incline of the treadmill by placing objects under the treadmill.**

21. **Use the hand weights only at walking speeds. Using weights and not holding the handrails may compromise your ability to maintain your balance. Exercises using weights should be attempted only by experienced users.**

22. When folding or moving the treadmill, make sure that the storage latch is fully closed.

23. Never drop or insert any object into any opening.

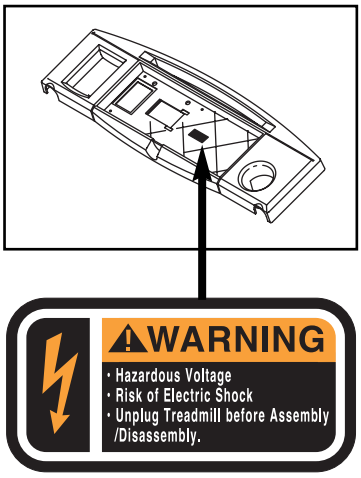
24. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

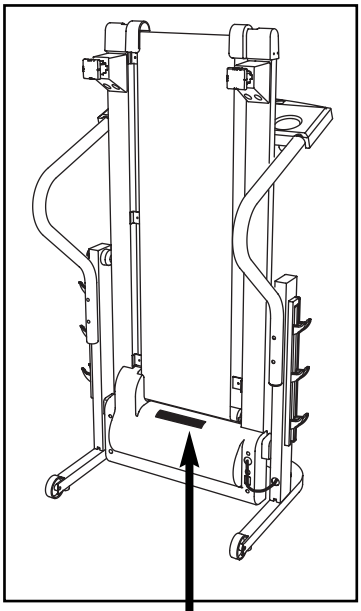
25. This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting.

**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

## SAVE THESE INSTRUCTIONS

**The decals shown have been placed on your treadmill. If a decal is missing, or if it is not legible, please call our Customer Service Department, toll-free, to order a free replacement decal (see ORDERING REPLACEMENT PARTS on the back cover of this manual). Apply the decal in the location shown. Note: The decals are not shown at actual size.**



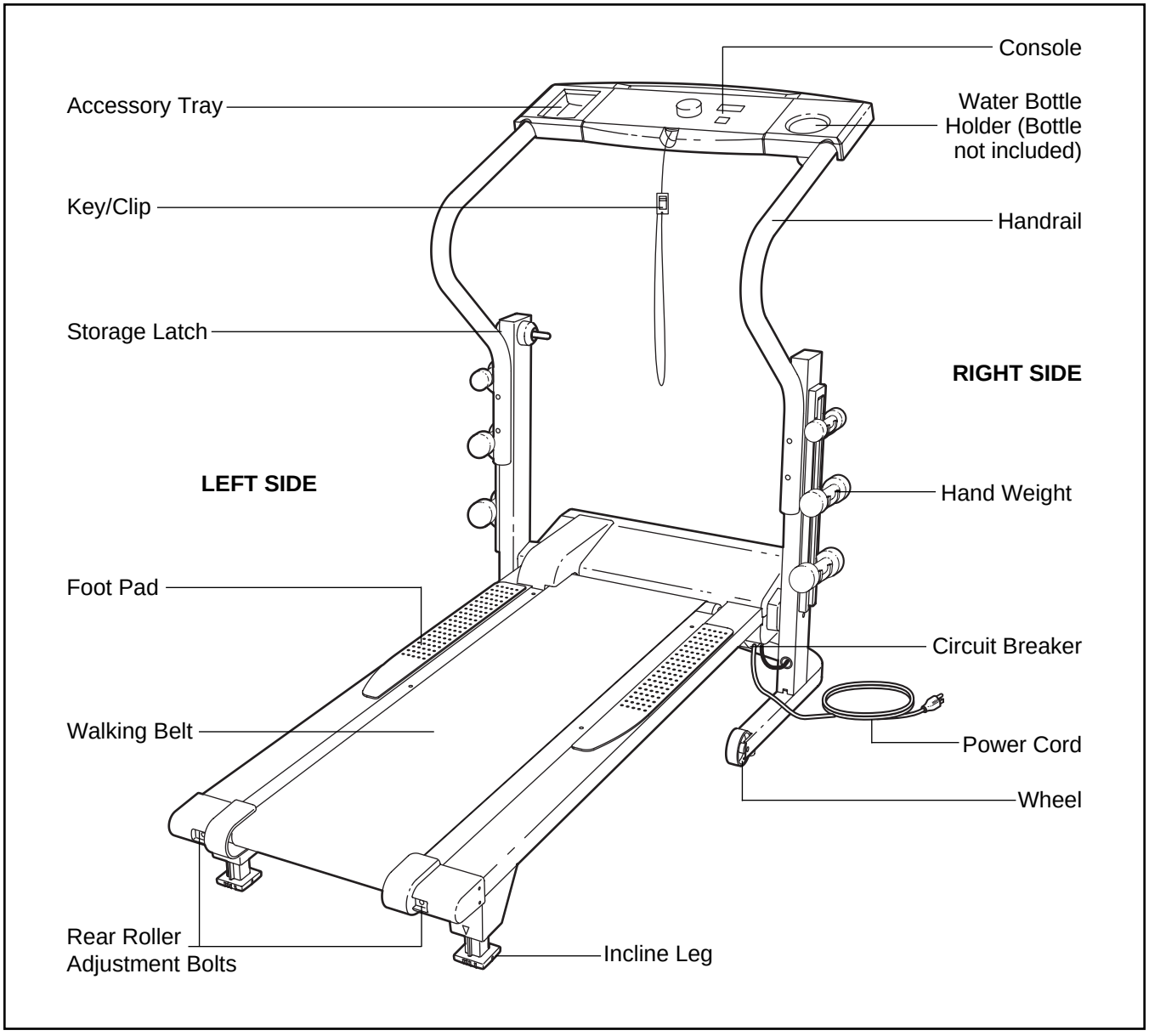
⚠WARNING:
Protect yourself and others from risk of serious injury. Read the user's manual and:
• Fully engage storage latch before treadmill is moved or stored.
• Reduce incline to lowest level before folding treadmill into storage position.
• Stand only on side rails when starting or stopping treadmill.
• Change speed in small increments.
• Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
• Stop if you feel faint, dizzy, or short of breath.
• Never allow children on or around treadmill.
• Remove key when not in use.
• Keep clothing, fingers, and hair away from moving belt.
• Never try to adjust or fix the belt while it is moving.
• Always wear athletic shoes while operating treadmill.

# BEFORE YOU BEGIN

Thank you for selecting the WESLO CADENCE® DS10 treadmill. The CADENCE DS10 treadmill combines advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home. And when you're not exercising, the innovative CADENCE DS10 treadmill can be folded up, requiring less than half the floor space of other treadmills.

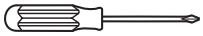
**For your benefit, read this manual carefully before using the treadmill**. If you have questions after reading this manual, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is WLTL21430. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

Before reading further, please review the drawing below and familiarize yourself with the labeled parts.

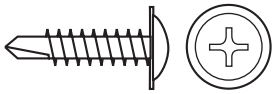


# ASSEMBLY

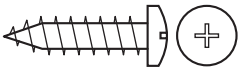
**Assembly requires two persons.** Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

**Assembly requires the included allen wrench** **and your own phillips screwdriver**  **, adjustable wrench** **, wire cutters** **, and needlenose pliers** **.**

**For help identifying the assembly hardware, see the part drawings below. Note: The assembly hardware and other small parts are packaged in separate part bags. Do not open the part bags until instructed to do so.**

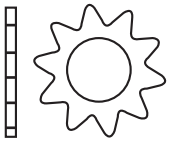


3/4” Tek Screw (24)–4

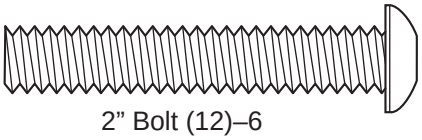


3/4” Screw (7)–10

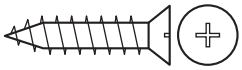
3/8 Star Washer (42)–6



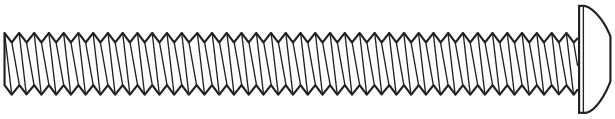
5/16” Star Washer (64)–4



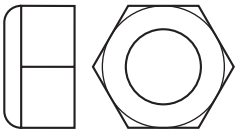
2” Bolt (12)–6



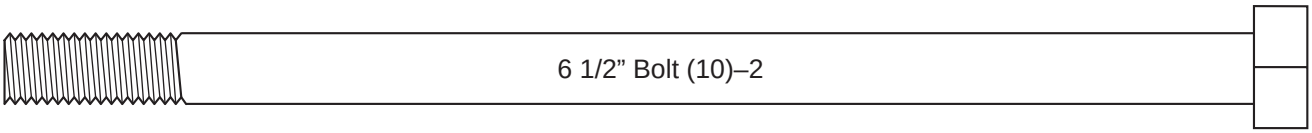
Rack Screw (21)–12



3” Bolt (30)–4



Wheel Nut (29)–2

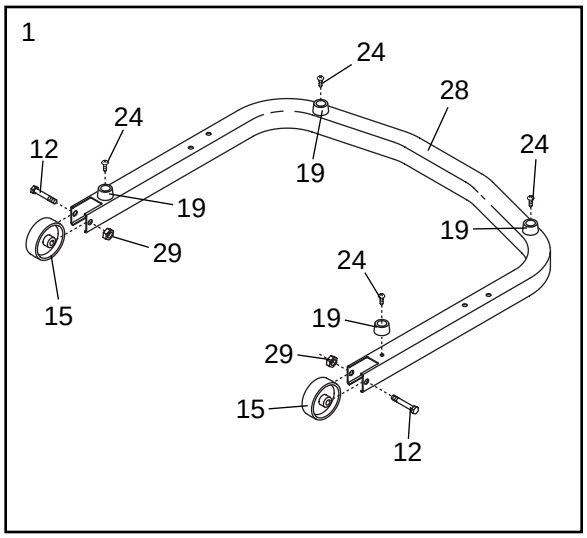


6 1/2” Bolt (10)–2

1. **Make sure that the power cord is unplugged.**

Orient the Base (28) so the holes for the four Base Pads (19) are on top. **Open part bag 1.** Attach the four Base Pads to the Base with the four 3/4” Tek Screws (24).

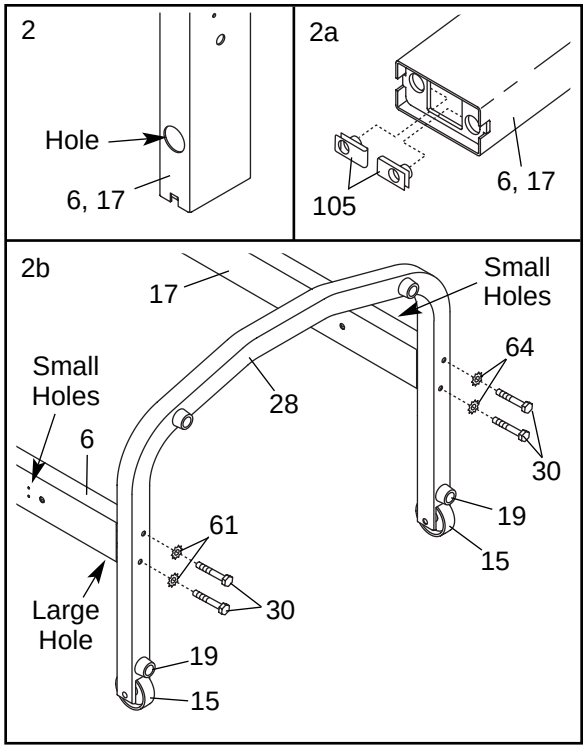
Attach the two Wheels (15) to the Base (28) with two 2” Bolts (12) and two Wheel Nuts (29) as shown. **Do not overtighten the Bolts. The Wheels must be able to turn freely.**



2. Identify the Right Upright (6), which has a large round hole near the lower end, and the Left Upright (17).

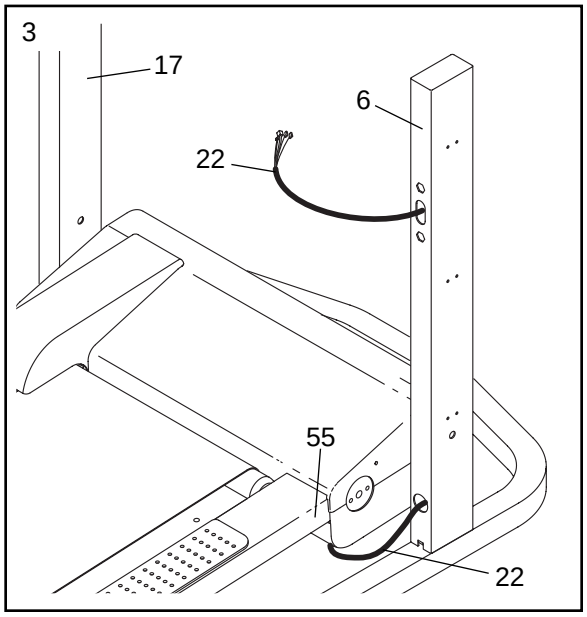
   See drawing 2a. Make sure that there are two U-nuts (105) in the lower end of each Upright (6, 17).

   **Open part bag 2.** See drawing 2b. Have a second person hold the Base (28) so it is resting on the Wheels (15) as shown. Attach the Right and Left Uprights (6, 17) to the Base with four 3" Bolts (30) and four 5/16" Star Washers (64). **Do not tighten the Bolts yet. Make sure that the large and small holes in the Right Upright are on the sides shown, and that the small holes in the Left Upright are on the indicated side. In addition, make sure that the Base is oriented so the Base Pads (19) are in the location shown.**



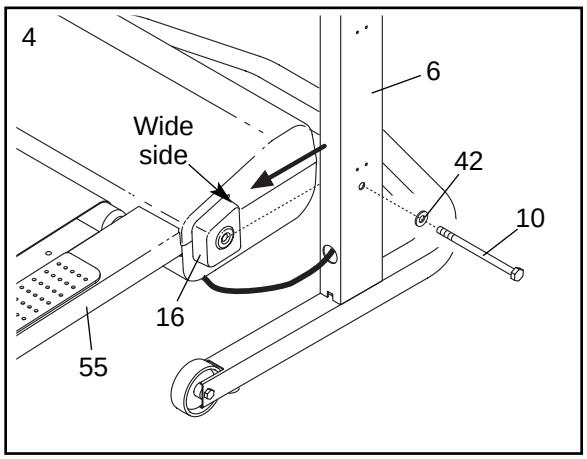

3. Raise the Uprights (6, 17) to the vertical position. Place the Frame (55) between the Uprights as shown.

   Feed the Wire Harness (22) into the large round hole in the lower end of the Right Upright (6) and out of the indicated hole. Note: It may be helpful to use needlenose pliers to pull the end of the Wire Harness out of the hole.

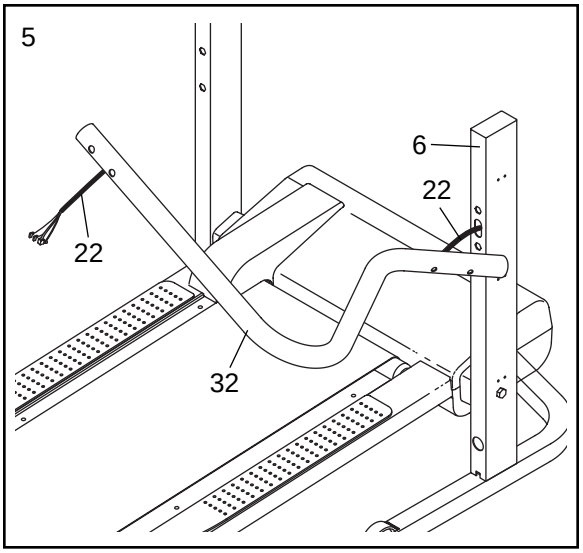



4. Hold the Right Frame Spacer (16) and the Left Frame Spacer (not shown) against the sides of the Frame (55) as shown. **Make sure that the widest side of each Frame Spacer is facing forward.** With the help of a second person, carefully lift and hold the Frame so the Frame Spacers are between the Right Upright (6) and the Left Upright (not shown).

   Align the hole in the Right Upright (6) with the hole in the Right Frame Spacer (16). Tighten a 6 1/2" Bolt (10) with a 3/8" Star Washer (42) into the Right Upright, the Frame Spacer, and the Frame (55). **Repeat this step on the left side of the treadmill. Do not overtighten the Bolts.**



5. Hold a Handrail (32) near the Right Upright (6). Feed the Wire Harness (22) into the hole near the lower end of the Handrail and out the hole near the upper end of the Handrail. Note: It may be helpful to use needlenose pliers to pull the end of the Wire Harness out of the hole.

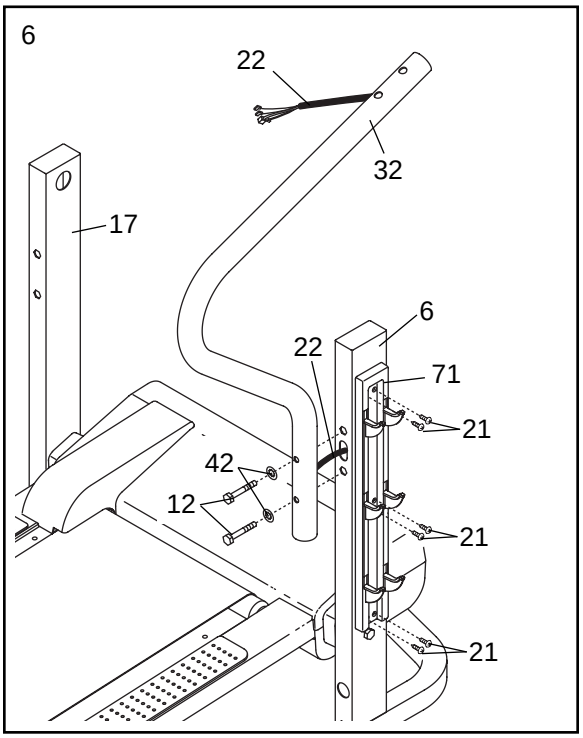



6. **Open part bag 3.** Hold the Handrail (32) with the Wire Harness (22) against the Right Upright (6). Hand tighten two 2” Bolts (12) with two 3/8” Star Washers (42) into the Handrail and the Right Upright. **Be careful not to pinch the Wire Harness. Do not tighten the Bolts yet.**

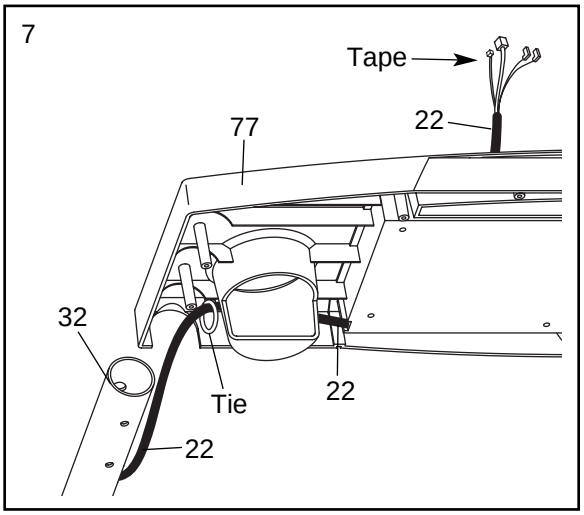
   Attach the other Handrail (not shown) to the Left Upright (17) as described above. Note: There is not a wire on the left side. **Do not tighten the Bolts yet.**

   Orient a Weight Rack (71) as shown, and attach it to the Right Upright (6) with six Rack Screws (21). **Start all six Screws before tightening them; do not overtighten the Screws.**

   Attach the other Weight Rack (not shown) to the Left Upright (17) as described above.



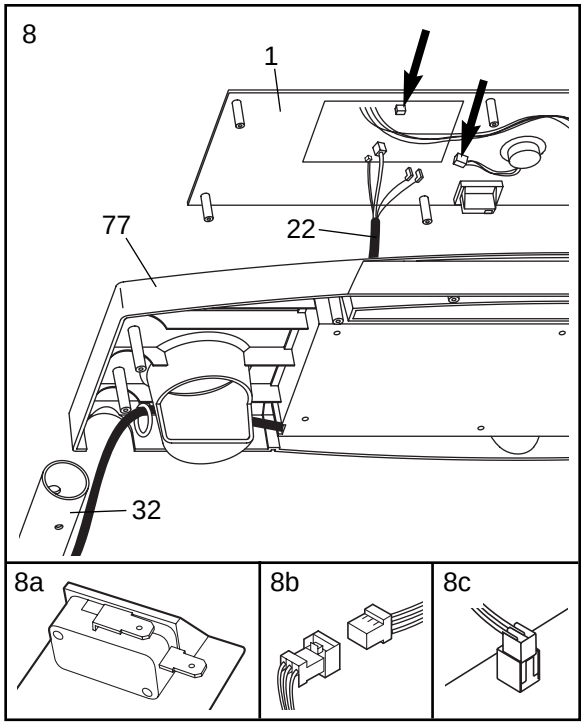

7. Hold the Console Base (77) near the Handrails (32) (only one is shown). Insert the Wire Harness (22) through the looped plastic tie and through the hole in the Console Base. Remove the tape holding the ends of the wires.



8. Hold the Console (1) near the Console Base (77). **Touch the right Handrail (32) to discharge any static.**

   Locate the two wires in the Wire Harness (22) that have L-shaped connectors on the ends. Press the connectors onto the two tabs on the switch shown in inset drawing 8a.

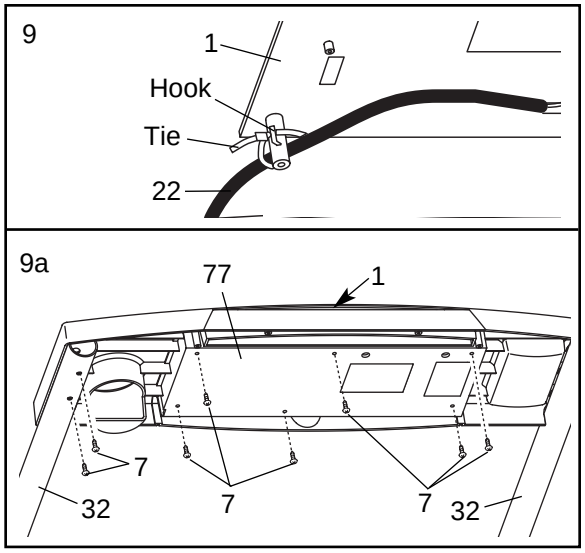
   Connect the other two wires in the Wire Harness (22) to the back of the Console (1) in the locations shown by the arrows in drawing 8. **The connectors should slide easily into the sockets and snap into place** (see drawings 8b and 8c). If the connectors do not slide easily and snap into place, turn the connectors and then insert them. **IF THE CONNECTORS ARE NOT INSERTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**




9. Securely tighten a plastic tie around the Wire Harness (22) and under the indicated hook on the Console (1) to prevent the Wire Harness from slipping. Tighten the plastic tie and cut off the end.

   See drawing 9a. Set the Console (1) in the Console Base (77). **Make sure that the Wire Harness (not shown) is not pinched.** Next, set the Console Base on the Handrails (32). Insert as much of the Wire Harness as possible into the hole in the right Handrail (32). See step 7. Tighten the plastic tie and cut off the end.

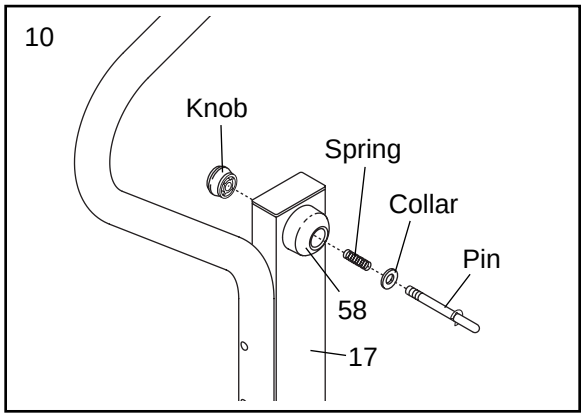
   Loosely thread six 3/4" Screws (7) into the Console Base (77) and the Console (1). Loosely thread four 3/4" Screws into the Handrails (only two Screws are shown). **Start all ten Screws and then tighten them; do not overtighten the Screws.**




10. Press the Latch Housing (58) into the Left Upright (17). Remove the knob from the pin. Make sure that the collar and the spring are on the pin as shown. Insert the pin into the Latch Housing, and tighten the knob back onto the pin.

    See step 2. Lower the Uprights (6, 17). Tighten the four 3" Bolts (30). Raise the Uprights to the vertical position.

    See step 6. Tighten the four 2" Bolts (12). Set a 3-lb. Weight (not shown) on the bottom hanger on the Weight Rack (15), a 2-lb. Weight on the middle hanger, and a 1-lb. Weight on the top hanger.




11. **Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included allen wrenches in a secure place. The allen wrench is used to adjust the walking belt (see page 17). To protect the floor or carpet, place a mat under the treadmill.

# OPERATION AND ADJUSTMENT

**THE PERFORMANT LUBE™ WALKING BELT**

Your treadmill features a walking belt coated with PERFORMANT LUBE™, a high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

**HOW TO PLUG IN THE POWER CORD**

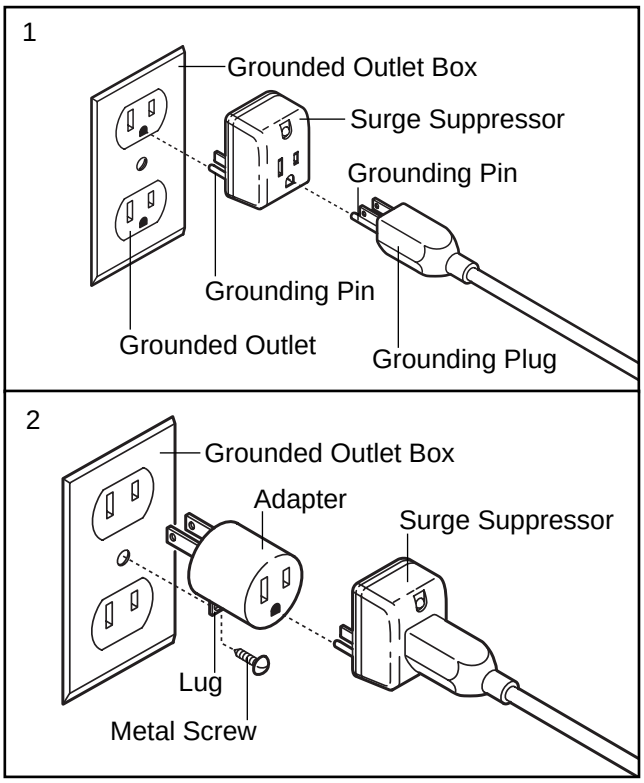
**⚠ DANGER: Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.**

Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right). To purchase a surge suppressor, see your local WESLO dealer or call 1-800-806-3651 and order part number 146148.**

**Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed or stop unexpectedly, which may result in a fall and serious injury.**

**This product must be grounded.** If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Important: The treadmill is not compatible with GFCI-equipped outlets.**

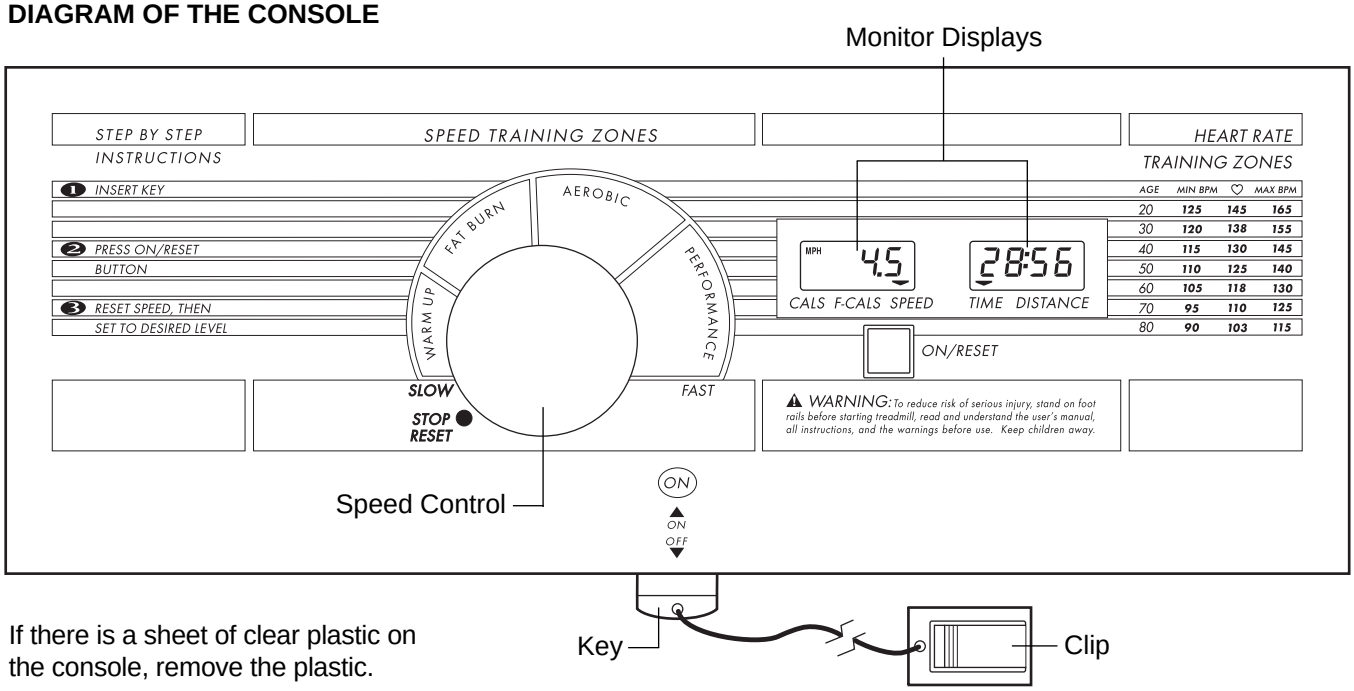
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.




The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

## DIAGRAM OF THE CONSOLE




If there is a sheet of clear plastic on the console, remove the plastic.

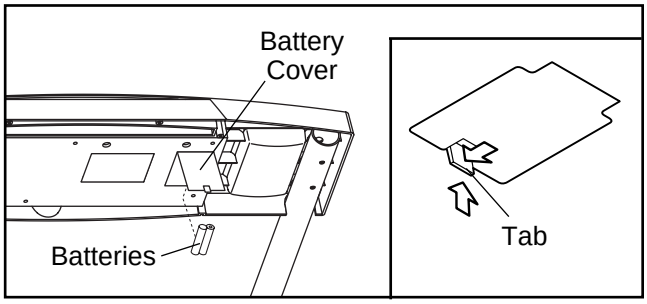



**⚠ CAUTION: Before operating the console, read the following precautions.**

- **Do not stand on the walking belt when turning on the power.**
- **Always wear the clip (see the drawing above) while operating the treadmill. When the key is removed from the console, the walking belt will stop.**
- **Adjust the speed in small increments.**
- **The training zones marked around the speed control are general guidelines only. See page 18 for more information.**
- **To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and use only a sealable water bottle.**

### BATTERY INSTALLATION

The console requires **two "AA" batteries** (not included). Alkaline batteries are recommended. To install batteries, open the battery cover as shown at the right. Press two batteries into the battery compartment, with the negative (–) ends of the batteries touching the springs. Close the battery cover, push up on the tab, and then push the tab forward as shown. Make sure that the tab locks into place.




### STEP-BY-STEP CONSOLE OPERATION

Before operating the console, make sure that the power cord is properly plugged in. (See HOW TO PLUG IN THE POWER CORD on page 10.)

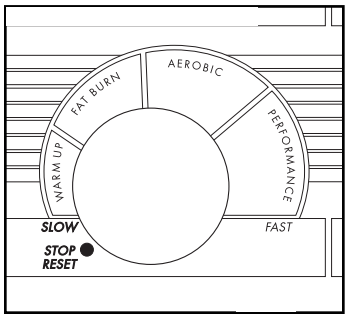
Stand on the foot pads of the treadmill. Find the clip attached to the key, and slide the clip onto the waistband of your clothes. Next, insert the key into the console. **Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip as needed.**

Follow the steps on page 12 to operate the console.

**1 Insert the key fully into the console.**

Inserting the key will not turn on the displays. The displays will turn on when the ON/RESET button is pressed or when the walking belt is started. Note: If batteries were just installed, the displays will already be on.

**2 Reset the speed control and start the walking belt.**

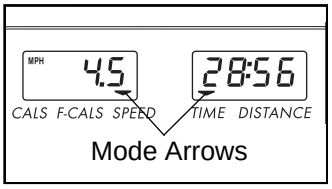



Turn the speed control to the RESET position. **Note: Each time the walking belt is stopped, the speed control must be turned to the RESET position before the walking belt can be restarted.** Next, slowly turn the speed control until the walking belt begins to move at slow speed. Carefully step onto the walking belt and begin exercising. Change the speed of the walking belt as desired by turning the speed control.

To stop the walking belt, step onto the foot pads and turn the speed control to the RESET position.

Note: The first time the treadmill is used, observe the alignment of the walking belt, and align the walking belt if necessary (see page 17).

**3 Follow your progress with the displays.**




As you exercise, the two displays will show five different modes. Flashing mode arrows will show which modes are currently displayed. The modes are described below.

- Calories (CALS)—This mode displays the approximate number of calories you have burned.
- Fat Calories (F CALS)—This mode displays the approximate number of fat calories you have burned (see FAT BURNING on page 18).
- Speed—This mode displays your speed, in miles per hour.
- Time—This mode displays the elapsed time. Note: If you stop the walking belt, the time mode will pause.
- Distance—This mode displays the total number of miles you have walked or run.

If desired, reset the displays by pressing the ON/RESET button.

**4 When you are finished exercising, stop the walking belt and remove the key.**

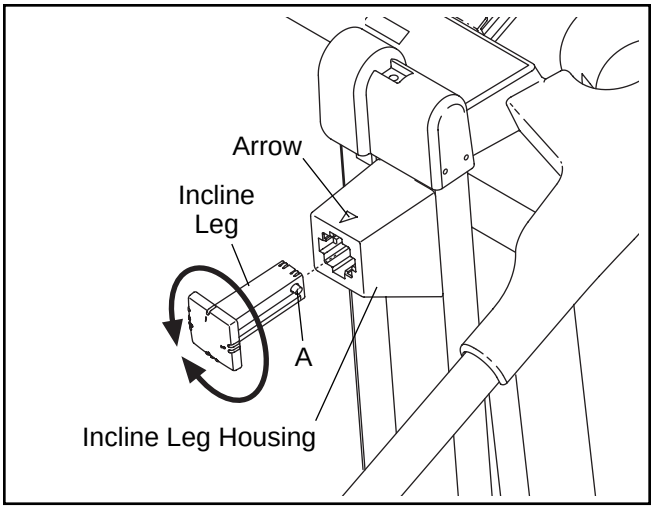
Step onto the foot pads, turn the speed control to the RESET position, and remove the key from the console. The displays will turn off about six minutes after the key is removed. **Note: Any time that the walking belt is stopped and the ON/RESET button is not pressed for a few minutes, the displays will automatically turn off to conserve the batteries.**

**HOW TO CHANGE THE INCLINE OF THE TREADMILL**

To vary the intensity of your exercise, you can change the incline of the treadmill. There are four incline levels. **Before changing the incline, remove the key and UNPLUG THE POWER CORD.**

Next, fold the treadmill to the storage position (see HOW TO FOLD THE TREADMILL FOR STORAGE on page 14).

To change the incline, first pull one of the incline legs out of the incline leg housing as shown at the right. Rotate the incline leg to a different position and then press in on the indicated button (A) as you reinsert the incline leg. An arrow on the housing will point to one of four numbers on the bottom of the incline leg. The higher the number, the higher the incline will be. **Adjust the other incline leg in the same way. CAUTION: Before using the treadmill, make sure that both incline legs are fully inserted at the same height.**



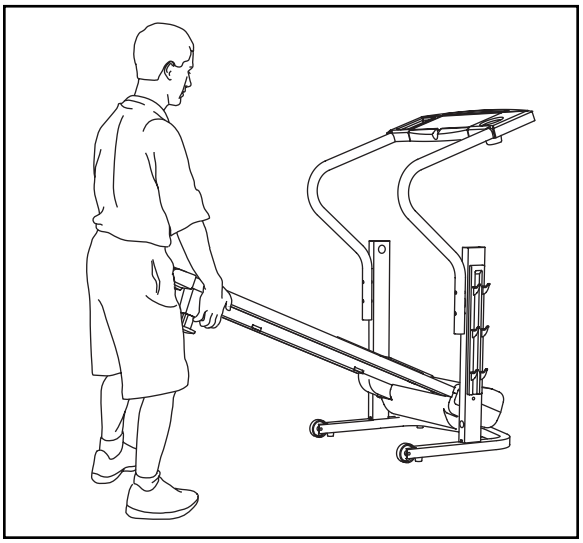

After you have adjusted the incline legs, lower the treadmill (see HOW TO LOWER THE TREADMILL FOR USE on page 15).

# HOW TO FOLD AND MOVE THE TREADMILL

### HOW TO FOLD THE TREADMILL FOR STORAGE

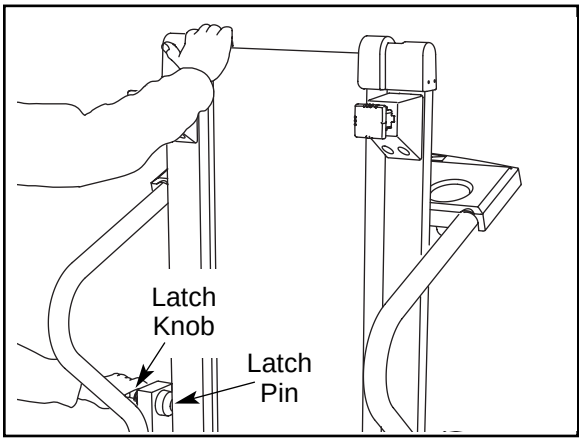
**Unplug the power cord. CAUTION: You must be able to safely lift 20 kg (45 lbs.) to raise, lower, or move the treadmill.**

1. Hold the treadmill with your hands in the locations shown at the right. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill about halfway to the vertical position.



2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the treadmill until the pin on the latch knob is aligned with the latch hole in the frame. Slowly release the latch knob. **Make sure that the pin is inserted into the latch hole in the frame.**

   **To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.**



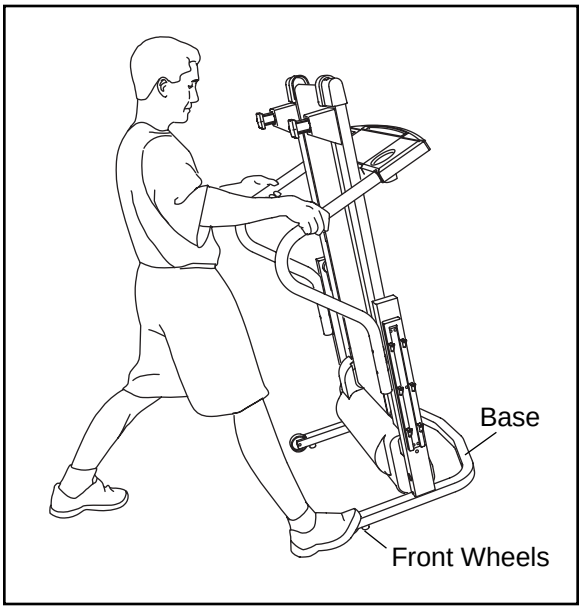

### HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the pin on the latch knob is inserted into the latch hole in the frame.**

1. Hold the handrails and place one foot on the base as shown.

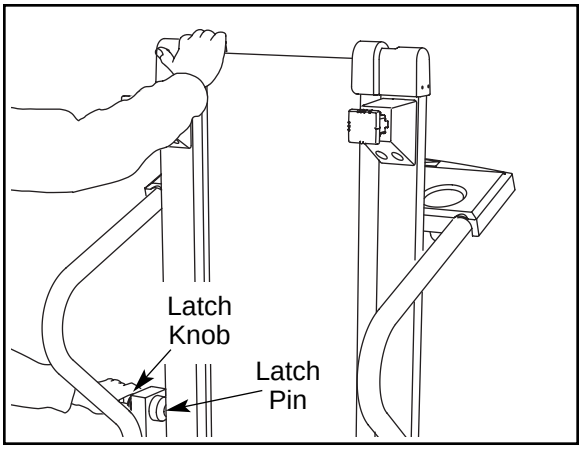
2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution whilst moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**

3. Place one foot on the base, and carefully lower the treadmill until it is resting in the storage position.

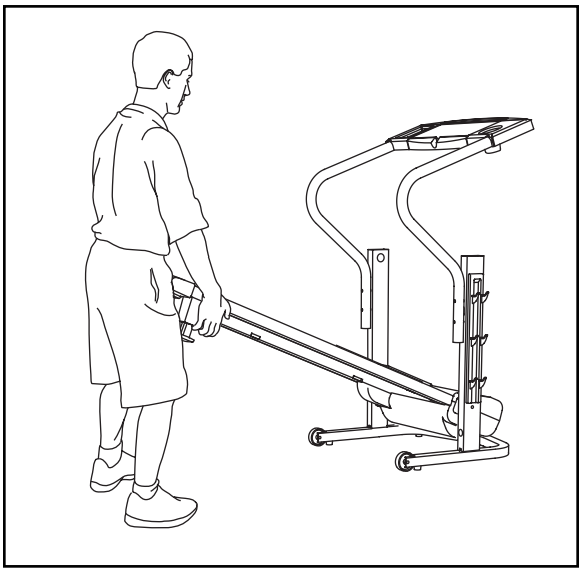


## HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left hand, pull the latch knob to the left and hold it. Pivot the treadmill down until the frame is past the latch pin. Slowly release the latch knob.




2. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **To decrease the possibility of injury, bend your legs and keep your back straight.**



# MAINTENANCE AND TROUBLESHOOTING

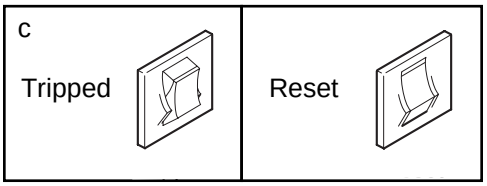
**Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays).**

**PROBLEM: The power does not turn on**

**SOLUTION:** a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 10). Use only a single-outlet surge suppressor that meets all of the specifications described on page 10. Important: The treadmill is not compatible with GFCI-equipped outlets.

b. After the power cord has been plugged in, make sure that the key is fully inserted into the console.

c. Check the circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.




**PROBLEM: The power turns off during use**

**SOLUTION:** a. Check the circuit breaker located on the treadmill frame near the power cord (see 1. c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

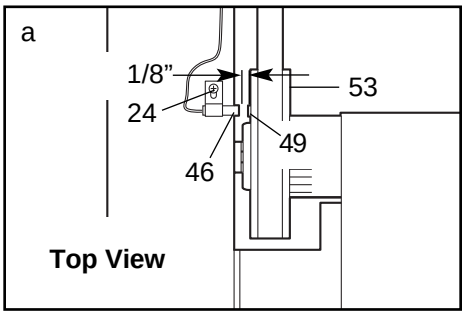
c. Remove the key from the console. Reinsert the key fully into the console.

d. If the treadmill still will not run, please call our Customer Service Department, toll-free.

**PROBLEM: The displays of the console do not function properly**

**SOLUTION:** a. Remove the key from the console and **UNPLUG THE POWER CORD.** Next, remove the screws from the hood (not shown), and carefully remove the hood.

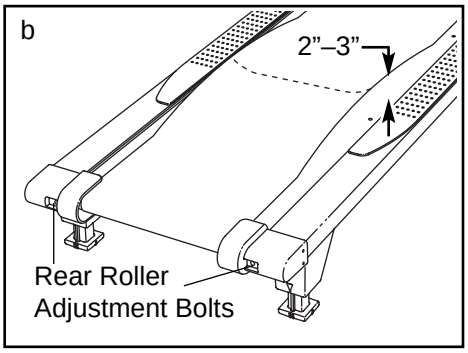
Locate the Reed Switch (46) and the Magnet (49) on the left side of the Pulley (53). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 inch.** If necessary, loosen the indicated Screw (24), move the Reed Switch slightly, and then retighten the Screw. Re-attach the hood, and run the treadmill for a few minutes to check for a correct speed reading.



**PROBLEM: The walking belt slows when walked on**

**SOLUTION:** a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 10.

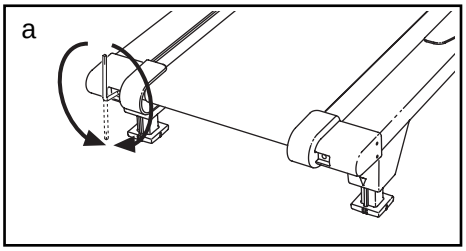
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 2 to 3 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



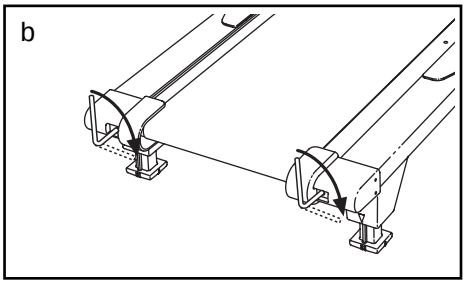

c. If the walking belt still slows when walked on, please call our Customer Service Department, toll-free.

**PROBLEM: The walking belt is off-center or slips when walked on**

**SOLUTION:** a. If the walking belt is off-center, first remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left,** use the allen wrench to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the left bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.




b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 2 to 3 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



# CONDITIONING GUIDELINES

**⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.**

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

**EXERCISE INTENSITY**

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

HEART RATE TRAINING ZONES

| AGE | 20 | 30 | 40 | 50 | 60 | 70 | 80 |
|---|---|---|---|---|---|---|---|
| MAX | 165 | 155 | 145 | 140 | 130 | 125 | 115 |
| bpm | 145 | 138 | 130 | 125 | 118 | 110 | 103 |
| MIN | 125 | 120 | 115 | 110 | 105 | 95 | 90 |

To find the proper heart rate for you, first find your age at the top of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers below your age. The three numbers are your "training zone." The lower two numbers are recommended heart rates for fat burning; the highest number is the recommended heart rate for aerobic exercise.

**Fat Burning**

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near one of the lower two numbers in your training zone. It may also be helpful to set the speed control on the console to FAT BURN to help you maintain the proper intensity level. (See page 9.)

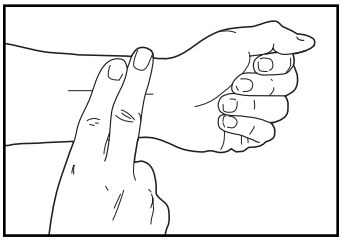
**Aerobic Exercise**

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone. It may also be helpful to set the speed control on the console to AEROBIC to help you maintain the proper intensity level. (See page 9.)

**High Performance Athletic Conditioning**

If your goal is high performance athletic conditioning, set the speed control on the console to PERFORMANCE to help you maintain the proper intensity level. (See page 9.) Note: During the first few weeks of your exercise program, keep your heart rate near the low end of your training zone.

**HOW TO MEASURE YOUR HEART RATE**



To measure your heart rate, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by ten to find your heart rate. (A six-second count is used because your heart rate drops quickly when you stop exercising.) If your heart rate is too high or too low, adjust the speed or incline of the treadmill accordingly.

**USING THE HAND WEIGHTS**

The included hand weights let you add upper body exercise to your workouts. As you walk on the treadmill, hold the 1-lb. weights at your sides or press the weights above your head. To increase the intensity of your exercise, use the 2-lb. or 3-lb. weights. **WARNING: Use the hand weights only at walking speeds. Using weights and not holding the handrails may compromise your ability to maintain your balance. Exercises using weights should be attempted only by experienced users.**

## WORKOUT GUIDELINES

Each workout should include the following three parts:

### A Warm-up

Start each workout with 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

### Training Zone Exercise

After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to DS10 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

### A Cool-down

Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

## EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired.

The key to success is to make exercise a regular and enjoyable part of your everyday life.

# PART LIST—Model No. WLTL21430

R1003A

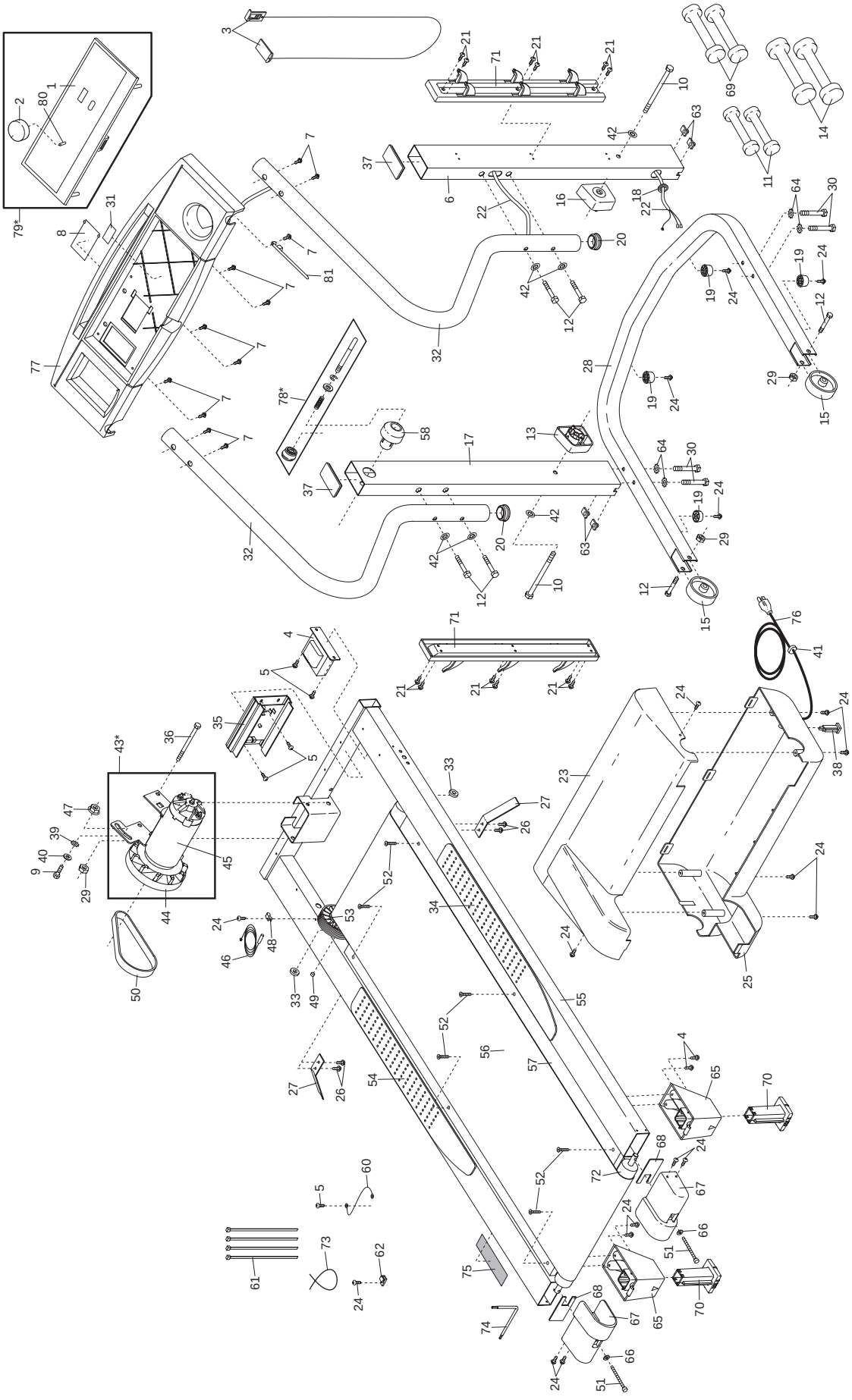
| Key No. | Qty. | Description |
|---|---|---|
| 1 | 1 | Console |
| 2 | 1 | Speed Control |
| 3 | 1 | Key/Clip |
| 4 | 1 | Choke |
| 5 | 6 | Electronics Screw |
| 6 | 1 | Right Upright |
| 7 | 13 | 3/4” Screw |
| 8 | 1 | Battery Cover |
| 9 | 1 | Motor Tension Bolt |
| 10 | 2 | 6 1/2” Bolt |
| 11 | 2 | 1 lbs. Weight |
| 12 | 8 | 2” Bolt |
| 13 | 1 | Left Frame Spacer |
| 14 | 2 | 3 lbs. Weight |
| 15 | 2 | Wheel |
| 16 | 1 | Right Frame Spacer |
| 17 | 1 | Left Upright |
| 18 | 1 | Handrail Grommet |
| 19 | 4 | Base Pad |
| 20 | 2 | Handrail Endcap |
| 21 | 12 | Rack Screw |
| 22 | 1 | Wire Harness |
| 23 | 1 | Hood |
| 24 | 23 | 3/4” Tek Screw |
| 25 | 1 | Belly Pan |
| 26 | 4 | Belt Guide Screw |
| 27 | 2 | Belt Guide |
| 28 | 1 | Base |
| 29 | 6 | Nut |
| 30 | 4 | 3” Bolt |
| 81 | 1 | Console Warning Decal |
| 32 | 2 | Handrail |
| 33 | 2 | Roller Spacer |
| 34 | 1 | Right Foot Pad |
| 35 | 1 | Controller |
| 36 | 1 | Motor Bolt |
| 37 | 2 | Upright Endcap |
| 38 | 1 | Circuit Breaker |
| 39 | 1 | Motor Star Washer |
| 40 | 1 | Motor Tension Washer |
| 41 | 1 | Power Cord Grommet |
| 42 | 6 | 3/8” Star Washer |
| 43* | 1 | Motor Assembly |
| 44 | 1 | Pulley/Flywheel |
| 45 | 1 | Motor |
| 46 | 1 | Reed Switch |
| 47 | 1 | Motor Tension Nut |
| 48 | 1 | Reed Switch Clip |
| 49 | 1 | Magnet |
| 50 | 1 | Belt |
| 51 | 2 | Roller Adj. Bolt |
| 52 | 6 | Platform Screw |
| 53 | 1 | Front Roller/Pulley |
| 54 | 1 | Left Foot Pad |
| 55 | 1 | Frame |
| 56 | 1 | Walking Belt |
| 57 | 1 | Walking Platform |
| 58 | 1 | Latch Housing |
| 59 | 1 | Ground Screw |
| 60 | 1 | Ground Wire |
| 61 | 4 | 8” Cable Tie |
| 62 | 2 | Wire Tie Clamp |
| 63 | 4 | U-Nuts |
| 64 | 4 | 5/16” Star Washer |
| 65 | 2 | Incline Leg Housing |
| 66 | 2 | Roller Washer |
| 67 | 2 | Frame Endcap |
| 68 | 2 | Rear Endcap Spacer |
| 69 | 2 | 2 lbs. Weight |
| 70 | 2 | Incline Leg |
| 71 | 2 | Weight Rack |
| 72 | 1 | Rear Roller |
| 73 | 1 | Releasable Wire Tie |
| 74 | 1 | Allen Wrench |
| 75 | 1 | Latch Warning Decal |
| 76 | 1 | Power Cord |
| 77 | 1 | Console Base |
| 78* | 1 | Latch Assembly |
| 79* | 2 | Console Assembly |
| 80 | 1 | Speed Potentiometer |
| 81 | 1 | Plastic Tie |
| # | 1 | 6” White Wire, Male/Female |
| # | 1 | 4” Black Wire, Male/Flag |
| # | 1 | User’s Manual |

* Includes all parts shown in the box

\# These parts are not illustrated

# EXPLODED DRAWING—Model No. WLTL21430

R1003A



# ORDERING REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). When ordering parts, please be prepared to give the following information:

- The MODEL NUMBER of the product (WLTL21430)
- The NAME of the product (WESLO CADENCE® DS10 treadmill)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING in the center of this manual)

## LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

**ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**

Part No. 203464 R1003A

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